

SPORTS, FITNESS AND WELLNESS

NIA DANCE WORKOUT (Adults)

Join this popular non-impact, mind and body fitness class. NIA integrates movements from dance, martial arts and yoga, and turns the conventional workout into a full mind and body experience. You can enjoy NIA regardless of your fitness level. Stimulating and exciting music along with creative movements and specific areas of focus will inspire you to thrive! Sign up for both days to receive a discount! Instructor: Trudie Wilson.

Activity #350300A	\$48/Res; \$72/Non-Res
4/14-6/2 Tue 6-7 pm	Rich
Activity #350300B	\$48/Res; \$72/Non-Res
4/16-6/4 Thu 6-7 pm	Rich
Activity #350300C	\$60/Res; \$90/Non-Res
4/14-6/4 Tue/Thu 6-7 pm	Rich
Activity #450300A	\$48/Res; \$72/Non-Res
6/16-8/4 Tue 6-7 pm	Southside CC (Hill)
Activity #450300B	\$48/Res; \$72/Non-Res
6/18-8/6 Thu 6-7 pm	Southside CC (Hill)
Activity #450300C	\$60/Res; \$90/Non-Res
6/18-8/6 Tue/Thu 6-7 pm	Southside CC (Hill)

POWER SCULPTING (Ages 15 - Adults)

Lose body fat, gain muscle, feel stronger, get motivated, have more energy, increase self-esteem, and improve performance. This class is for all fitness levels. For total body conditioning, dumbbells and resistance bands are utilized as well as hi-lo impact aerobics, athletic conditioning drills, and kick-boxing for cardiovascular conditioning. Participants provide their own lightweight dumbbells and exercise mat. Sign up for any combination of days to fit your schedule. Instructor: Brenda Rogers, Certified Fitness Trainer. No class 5/25.

Activity #350520A	\$35/Res; \$52/Non-Res
4/13-6/1 Mon 5:15-6 pm	Foster
Activity #350520B	\$40/Res; \$60/Non-Res
4/15-6/3 Wed 5:15-6 pm	Foster
Activity #450520A	\$40/Res; \$60/Non-Res
6/16-8/4 Tue 5:15-6 pm	Southside CC (Hill)
Activity #450520B	\$40/Res; \$60/Non-Res
6/18-8/6 Thu 4:45-5:30 pm	Southside CC (Hill)

LANSING ROWING CLUB



INTRODUCTION TO ROWING

Learn the basics of rowing in single person and multi-oared rowing shells. The program will familiarize beginners with basics of rowing. After a land-based introduction, instruction will be on the water with coaching from experienced coaches from LRC and MSU. All sessions will take place at the Ryden Boathouse in Grand River Park between Martin Luther King and Waverly Rd. on the Grand River. Participants must have reasonable swimming skills.

CLASSES: Tuesdays and Thursdays 6:00 – 7:30pm, and Saturdays 9:30 – 11:00am, June 9 – July 28. Participants are encouraged to attend at least 2 sessions per week. Cost is \$135. To register or for more information: ltr@lansingrowingclub.org

OPEN HOUSE: May 23 and May 30 9:30 – 11:00am (free & optional).

Tour the boathouse, look over equipment and watch some experienced rowers.

You may register in person at the open house.

LOW IMPACT DANCE AEROBICS (Adults)

This workout takes the jumping and bouncing out of aerobics yet has the same cardiovascular benefits. Simple routines done to popular music will tone the arms, legs, and stomach. Please bring an exercise mat and athletic shoes to class. Instructor: Margaret Sickles. No class 5/25.

Activity #350500B	\$26/Res; \$39/Non-Res
4/13-5/27 Mon & Wed 6-7 pm	Mt. Hope

LOW IMPACT DANCE AEROBICS (Adults)

A workout that takes the jumping and bouncing out of aerobics yet has the same cardiovascular benefits. Simple routines done to popular music will tone the arms, legs, and stomach. Please bring an exercise mat and athletic shoes to class. Instructor: Kristi Vartanian.

Activity #313230A (2 days/week)	\$32/Res; \$48/Non-Res
4/13-6/4 Mon-Thu 9-10 am	Gier
Activity #313230B (3 days/week)	\$48/Res; \$72/Non-Res
4/13-6/4 Mon-Thu 9-10 am	Gier
Activity #313230C (4 days/week)	\$64/Res; \$96/Non-Res
4/13-6/4 Mon-Thu 9-10 am	Gier
Activity #413230A (2 days/week)	\$44/Res; \$66/Non-Res
6/15-8/26 Mon-Thu 9-10 am	Gier
Activity #413230B (3 days/week)	\$66/Res; \$99/Non-Res
6/15-8/26 Mon-Thu 9-10 am	Gier
Activity #413230C (4 days/week)	\$88/Res; \$132/Non-Res
6/15-8/26 Mon-Thu 9-10 am	Gier

ZETAS WORKING OUT (Adults)

Join the ladies of Zeta Phi Beta and work-out all the winter blahs! This circuit style workout includes cardio, strength training, stretching and plenty of company!

Activity #414112A	\$2 at the door
4/8-4/29 Wed 6-7 pm	Letts

WALKING FOR THE HEALTH OF IT (Ages 50+)

A low to moderate level health fitness class for older adults with warm-up stretches and the option of (1) walking for 30 minutes or (2) combining walking and 10 strength exercise stations. A cool down stretch will follow the walking portion of the session. Maps of outdoor walking courses will be provided for those preferring to walk outside. Advance registration required. Funded by Tri-County Office on Aging through Michigan Services to the Aging. Instructor: Jane Braatz. (No class 4/6-4/10, 5/25, 6/29-7/3, and there will be no class on Fridays in June, July or August.)

Activity #312300A	Free
4/13-6/26 Mon-Wed-Fri 8:45-9:45 am	Foster
Activity #412300A	Free
7/6-9/28 Mon-Wed-Fri 8:45-9:45 am	Foster

CIRCUIT TRAINING ROOM AT FOSTER CENTER! (Adults)

Using a combination of stability balls, resistance bands, steps and jump ropes our circuit training room promises to give you a good work out that will work your whole body in a half hour. Cost is just \$1 to drop in. Instructions are clearly posted and music will cue you to move throughout the room. Room is opened upon request; scheduled programs take precedence.

CO-ED SAND VOLLEYBALL LEAGUE (Adults)

Serve, volley, block and bump into 6 on 6-volleyball action! Enjoy at least eight league matches (depending on the number of teams registered) plus a League Tournament. Trophies will be included. Players must be 16 years old prior to 6/1/09. Game times will be 6:00 and 7:00 p.m. at Gier Park Sand Volleyball Court. Rainout games will be played on Thursday evenings. For practice, court can be rented for \$5/hr; call Gier Center at 483-4313 for more information. Team registration deadline is: Monday, June 1.

Activity #413980A	\$70/Team
6/16-8/11 Tue 6-8 pm	Gier

